

Exercise During Pregnancy

Before you get started on an exercise program, ask your doctor.

- ✱ Walking is one of the best aerobic activities during pregnancy.
- ✱ Swimming and other water exercises help take the pressure off your back by supporting your weight.
- ✱ Pregnant women can do low-impact aerobics 3 times a week.
- ✱ Warm up gradually before and stretch after every exercise session.
- ✱ Avoid abdominal exercises or exercising on your back.

Exercise during pregnancy has many physical and emotional benefits.

It can help relieve:

Excess weight gain	Fatigue	Sleeplessness
Leg cramps	Lower back pain	Constipation
Varicose veins	Swelling of hands and feet	

It also gives you:

- ✱ More energy
- ✱ Better circulation
- ✱ Better posture

Listen to your body:

If you experience any of the following symptoms, stop exercising and call your doctor:

Increased contractions	Dizziness or faintness	Vaginal bleeding
Palpitations	Difficulty breathing	Back or hip pain

Remember to drink plenty of water to avoid dehydration.

Developed by the Alexandria WIC Program.



Tennessee Department of Health
Authorization No. 343571
No. of Copies 30000
This document was promulgated
at a cost of \$.04 a copy. 03-04 DH-0117
This institution is an equal opportunity provider